UCSC members plan for FY2020

BY JESSICA VANDERPOOL
Development Writer II
Office of Development

What do door prizes, NASA flight surgeons, and classified staff from The University of Texas Health Science Center at Houston (UTHealth) have in common? The 2019 University Classified Staff Council (UCSC) Annual Retreat!

The UCSC is comprised of members from operating units across UTHealth whose mission it is to advise the president and other UTHealth leadership on behalf of

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2019 FUN FEST - The UTHealth family — from classified staff, to students, to faculty, to leadership — came together for the university’s annual Fun Fest on December 6 at Grant/Fay Park. The event serves as a way of recognizing the hard work of everyone at UTHealth. The event featured carnival games, activities, food, music, and more. Photos by Maricruz Kwon, Senior Multimedia Specialist
**RETREAT**

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the classified staff. This is done by making recommendations on existing and proposed policies; weighing in on procedures and programs that impact the classified staff or are of particular interest to them; and voicing questions and concerns from classified staff members.

In addition, the UCSC holds its Annual Workshop for classified staff members; publishes newsletters throughout the year with informative articles, feature stories, and activities; fosters personal and professional development through UCSC Brown Bag Sessions; and raises funds for and administers the UCSC Educational Awards Program, a competitive, merit-based awards program that offers financial support for higher education to selected, eligible children of classified staff. The UCSC also helps with UTHealth activities and initiatives and participates in select UTHealth and UT System committees and councils.

On August 23, new, current, and outgoing UCSC members gathered for a one-day retreat, held at UTHealth’s Operations Center Building in Houston, to celebrate the past year and prepare for the upcoming year. The theme of the retreat was “Shoot for the Moon.” The council honored members who were rotating off the council and celebrated new members beginning their terms.

In addition to honoring outgoing members and welcoming new members, the group addressed important business, such as the election of officers. Fiscal year 2020 officers are: William “Bill” Severson, Chair; Colin Dunham, Chair-Elect; Bethany Roachel, Secretary; Verlincia Williams, Treasurer; and Brenda Adams, Parliamentarian. To hear Severson’s vision for the council this year, read his column on Page 3.

Members also heard from Eric Fernette, Vice President, Human Resources, & Chief Human Resources Officer. Fernette, who also serves as UCSC’s Executive Sponsor, shared an overview of the council with those in attendance. In addition, NASA Flight Surgeon Sean Roden, MD, MPH, addressed the group, sharing about his work and offering advice on topics like collaboration and communication.

At the end of the day, members were assigned to one of UCSC’s five standing committees. These committees then each spent time electing a chair and making plans for how to serve staff in the upcoming year. Committees and their chairs are as follows: Jessica Vanderpool, Communications Committee Chair; Beth Watson, Educational Awards Committee Chair; Alainna Talton, Elections Committee Chair; Lex Ros Ford, Staff Development Committee Chair; Jimaya Tates, Staff Recognition Committee Chair.

There was even time for fun door prizes and games before everyone went home prepared for another year.

To learn more about UCSC, join our mailing list, or find a list of representatives, visit uth.edu/ucsc. To bring your concerns to UCSC, contact UTHealthUCSC@uth.tmc.edu.

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**Join the UCSC mailing list and be in-the-know!**

Be among the first to receive:
- Newsletters with important information, practical tips, activities, and more.
- Information on professional development events like UCSC Brown Bag Sessions.
- Emails about other events of interest to UTHealth classified staff members.

**It just take a few clicks!**
1) Visit the UCSC website at uth.edu/ucsc.
2) Find the “News/Subscriptions” box and enter your email address.
3) Click “Subscribe”!
4) Enjoy the new year knowing you’ll be in-the-know!
A Message from the UCSC Chair

Setting sites on an educational, productive year

BY WILLIAM “BILL” SEVERSON
Audio-Visual Specialist
McGovern Medical School Conference Operations

I have the privilege this year to represent UTHealth staff as the chair of the University Classified Staff Council (UCSC). I follow in the footsteps of many UCSC chairs who have opened doors for us to continue the work on behalf of the UTHealth staff to make recommendations and offer opportunities to increase our voices in an effort to improve our work environment.

I would like to take this opportunity to welcome all of our new and returning UCSC members for FY20. We have an outstanding group of volunteers this year and a list of more staff waiting to join UCSC as representative positions become available.

Although the voting positions are currently filled, all UTHealth staff are welcome to join us for monthly meetings, volunteer to assist UCSC committees, bring your ideas, and support in our efforts to best represent the interest of our classified staff at UTHealth.

To keep all of our staff updated on current happenings with the UCSC and to give everyone an opportunity to communicate with UCSC members, you each can subscribe to the UCSC mailing list by visiting our web page at uth.edu/ucsc.

With the mission of the UCSC to advise the president and leadership at UTHealth on behalf of the classified staff, including voicing questions and concerns from classified staff members, we welcome all input on areas that concern or affect UTHealth staff.

If anyone does have an issue or concern that affects staff at UTHealth, no matter how big or how small, they can email us at UTHealthUCSC@uth.tmc.edu or contact a representative. A list of the UCSC representatives can be viewed on the UCSC web page at uth.edu/ucsc/representatives.htm.

Our goals for this year include increased funding for the Educational Awards Fund; improved communications between UCSC constituents and senior leadership at UTHealth; and an increased number of Brown Bag Sessions with the use of UTHealth’s latest telepresence technology to assist all of our co-staff across UTHealth campuses by enabling them to participate in these sessions while on or off campus. With the help of the volunteers on UCSC, we are already working toward another goal’s completion by adding the Educational Awards Fund to the UTHealth Giving Day as an option for donations.

With the support that President Colasurdo, Kevin Dillon, and our UCSC’s executive sponsor, Eric Fernette, have provided to the UCSC, we are able to have a continued voice on behalf of staff in the presence of UTHealth’s executive leadership.

As your FY20 chair, I am looking forward to working with each volunteer and will encourage our volunteers to have a fun, educational, and productive year in UCSC.

McGovern Medical School celebrates 50 years

BY VALERIE BUCHANAN
AV & Conference Services Senior Manager
McGovern Medical School Conference Operations

Established in 1969, McGovern Medical School at UTHealth welcomed its first class of 19 students in 1970. As we honor “50 Years of McGovern Medical School,” the classes now accept 240 students per year to meet the growing demand of physicians throughout the state of Texas.

To begin the 50th anniversary celebration, McGovern Medical School held a 50th Anniversary Kickoff Party in September. Everyone enjoyed an ice cream social with photo booth, favorite decades costume contest, best music from each decade, and prizes won at the
McGovern Medical School Employee Relations Committee plinko game table. Everyone received a “50 Years of McGovern” pin. It was a wonderful way to kick off the 50th anniversary celebration.

In October, to support Breast Cancer Awareness Month, McGovern Medical School held a 50th Anniversary Social Media Scavenger Hunt by tagging a photo showing support using the hashtag #50YearsMcGovern. Tessa Kus, Research Coordinator I, tagged the winning photo.

More events will occur throughout the rest of the fiscal year with a special event to close out the year-long celebration. View more information at med.uth.edu/50years.

Congrats to McGovern Medical School on 50 years!
50 years of excellence at School of Public Health

BY WILLIAM “BRYAN” HILLIER
Education & Information Resources
Manager
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UTHealth School of Public Health has experienced incredible growth since it welcomed its first class of students in Houston in 1969. Knowing it would be difficult to create better health outcomes for Texas’ diverse populations with just one campus, the School of Public Health has established campuses across the state through the years. In fact, UTHealth School of Public Health is one of the only schools of public health in the nation with multiple campuses. Through these campuses — which are located in San Antonio, El Paso, Dallas, Brownsville, Austin, and Houston — we are better able to meet the variety of needs across our state.

The school is home to students and faculty from over 50 countries, from China to Nigeria to Mexico. These brilliant minds bring a breadth of diversity, including new perspectives and experiences.

A celebration of this great institution was held on October 3, starting with a round table discussion with a panel made up of current and former faculty from the school. The discussion topic was titled “Bold Thinking for Better Solutions – 50 Years of Collaboration.” There was some lively discussion on the history of the school with an introduction by Dean Eric Boerwinkle, PhD, M. David Low Chair in Public Health, and Kozmetsky Family Chair in Human Genetics. The moderator of the round table was George L. Delclos, MD, MPH, PhD.

The round table was followed by a barbecue in the park, which was open to all current and former School of Public Health faculty, students, and staff. Although there was some rain off and on that evening, nothing could deter the celebration as attendees were able to head back inside to eat and visit with one another. This was, indeed, an afternoon and an evening to remember. Further information can be found online at sph.uth.edu/about-us/history-and-overview.
“T-MAC” is what they call her. Tracy Maclin has been a part of the UTHealth family for the past 11 years. She has been at McGovern Medical School at UTHealth as a senior administrative coordinator, eight years in the Department of Family Medicine and three years in the Department of Pediatrics.

Tracy was born and raised in Cupertino, Calif., where her parents still live. She is an only child but has an abundance of relatives and extended family that she enjoys spending time with in Houston and surrounding cities.

Tracy’s mother was active in the Northern California Prairie View A&M alumni chapter, and they convinced Tracy to attend a semester here in Houston at Prairie View A&M. Tracy was supposed to transfer back home but decided that she enjoyed the atmosphere/homecoming of Houston while also spending time with her cousins, grandmother, and great-grandmother too much to leave. She graduated from Prairie View A&M and then attended St. Thomas University to complete her master’s degree in May 2000.

While Tracy loves the outdoor activities and mountains in Northern California, she loves the diversity that Houston brings. Tracy has various hobbies, such as attending live music events around town, playing her saxophone, DIY projects like woodworking and painting, and discovering new plant-based foods. During her first year at McGovern Medical School, she participated in the Art Wall. She had two pieces that were photographed and on display. Tracy loves to embrace the outdoors, as well, by taking hikes around town, biking, and trekking urban landscapes. One of Tracy’s favorite things to do is to travel. One of her favorite memories is when she spent a month traversing Europe after high school with her former humanities teacher/family and others in a Volkswagen minivan.

Tracy currently serves on the Educational Awards Committee for the University Classified Staff Council (UCSC) but has previously served on the Communications Committee and assisted the Staff Development Committee over the years. Tracy joined UCSC to be a voice for classified staff on proposed policies and concerns. She continues to enjoy having the opportunity to be a part of such a great committee.

**Member Spotlight: Tracy Maclin**

**California native falls in love with Houston**

BY DIANA PECINA
Senior Executive Assistant
Integrative Biology and Pharmacology
We live in the information age. There is more to explore, research, and learn than can even be imagined, and it can easily become overwhelming. Now, UTHealth offers access to LinkedIn Learning - a tool that provides a list of courses curated specifically for you.

On the LinkedIn Learning platform, you can select certain topics you are interested in - from management to communications to personal development to logo design. From there, you can select and save related courses you would like to take. These courses range in time from minutes to hours.

Courses fall under four categories - Business, Creative, Technology, and UTHealth. Within these categories, you can search by subject, software, or learning path. For instance, in the Business category, one of the software options is Excel. Once you select that you are interested in Excel, a list of courses related to this topic will appear. As another example: In the Creative category, under Learning Paths, there are options like “Become a Graphic Designer,” which once selected, will populate a list of related courses. The UTHealth section includes content specific to the institution.

The platform can also offer suggestions for courses you might be interested in. In addition, you can set goals for how much time you want to spend each week learning on the platform and receive reminders to help you achieve these goals. After completing trainings, you can list them on your LinkedIn profile in the “Licenses and Certifications” section to showcase the skills and knowledge you now have!

The great benefit of LinkedIn Learning is that it often combines videos with experiential learning. Most courses offer downloadable content that allows you to practice what you are learning as you follow along with the expert in the video. Whether you need to stop and pause the video while you replicate the action, or if you need to rewind several times, the content is always there on demand for your schedule. You can even access the content from the comfort of your home! In addition to this content, some courses have quizzes so you can test how well you are learning the material.

“I think the opportunity to use LinkedIn courses is awesome,” said Sandy Southern, Senior Administrative Coordinator in Pediatric Cardiology and Critical Care at McGovern Medical School at UTHealth. “It was really easy to link my personal LinkedIn page to LinkedIn Learning. I was able to choose what type of courses I wanted to take, and the platform helped me stay on track with my goals.”

See LINKEDIN on PAGE 14
Educational Awards Program supports future leaders

BY JESSICA VANDERPOOL
Development Writer II
Office of Development

No matter what area of study they pursue, today’s young people will play an incredible role in shaping the future. The University Classified Staff Council (UCSC) at The University of Texas Health Science Center at Houston (UTHealth) seeks to support these future leaders through the UCSC Educational Awards Program. Through the years, more than $120,000 in total has been awarded to more than 110 students.

This competitive, merit-based awards program is open to students who are children of full-time UTHealth classified employees and who meet certain requirements. These requirements, along with applications, can be found on the UCSC website. The application deadline is Friday, April 24, 2020, at 5 p.m. After all applications are received, a committee reviews them and selects winners based on specific merit-based qualifications rather than on financial need.

Each year, UCSC offers the UTHealth community an opportunity to be part of these students’ journeys through donations. Gifts of all sizes combine to help bright students prepare to be the leaders of tomorrow. This year, to further encourage donations, the council held a silent auction during holiday craft fairs at the university. A total of $826 has been raise this year.

In addition to supporting students financially, educational awards offer them encouragement and let them know they are worth investing in. And by supporting students, these awards also help the students’ family members - classified employees who work beside us every day.

Celebrate the holidays in health

LUNCH AND LEARN FEATURES HEALTHY HOLIDAY SIDES - The University of Texas Health Science Center at Houston (UTHealth) School of Public Health’s Nourish Program recently held a Lunch and Learn…well, “munch and learn” would be more to the point! Participants tried their hands at several recipes. See pages 10-11 for a few of the favorite recipes of the day based on an informal poll.
First-person: Experiencing the employee well-being fair

BY WILLIAM “BRYAN” HILLIER
Education & Information Resources
Manager
Center for Education & Information Resources

If there is one thing that is important to me, it is wellness and being healthy. I have been making it a priority lately, so when I saw there was a wellness fair, I was very excited that the university was making this sort of resource available. But little did I know that there was so much there to discover! The event was held at the James T. Willerson, MD, Discovery Hall, Fayez S. Sarofim Research Building, home of The Brown Foundation Institute of Molecular Medicine for the Prevention of Human Diseases.

As I walked around the fair, I first came upon the tables with folks who were using apps that help with dieting and also one that connects to a heart monitoring device! Also, I discovered that telemedicine is available through our Blue Cross Blue Shield insurance as well an app to access claims and other information. So after having my mind boggled with all these resources that I was not aware of, I went over to the Nourish Program’s table for a bit of a snack of chocolate hummus.

Next I discovered that glucose tests and blood pressure readings were being offered at the fair. So of course I had my blood pressure read. Then, I went over to see what resources the university and dental school had to offer. I know that there were other groups there as well, but there were so many resources and I did not get to see every booth.

As I rounded the corner, I saw the yoga and tai chi instructors and did a round of each activity, and what a beautiful location they were held in outside! The fountains added to the serenity of these practices.

Finally, I went back in and spoke with the UT Police and then touched base with the new Your Money Line group. This financial group had a concierge line and email address that would allow you to ask any financial question you had. As I am nearing retirement, I had several that I asked the day of the fair, and they were answered within a week!

As I rounded the other side of the venue, I picked up information from a UTHealth group and then stopped by UT Health Services, where they were giving flu shots with proof of insurance! I finally walked around to the Wellness Committee and saw some of my friends from the UTHealth School of Public Health and played some fun games of chance and won a few promotional items.

All in all, the fair was well worth the visit, and I will definitely be going back next year!

If you are interested in some of these resources, check out UTHealth’s article on the fair by visiting inside.uth.edu and searching for “well-being fair” using the search bar.
Cranberry, Orange, and Apple Relish
Yield: ~8 servings • Serving Size: ~1/4 cup

Ingredients
• 2 cups cranberries, raw
• 4 each mandarin oranges, peeled
• 2 each apples, sweet, core removed
• 1 cup walnuts, toasted, unsalted, chopped
• ½ cup dates, rough chopped (~10 dates)
• 1 Tbsp. canola oil
• ½ tsp cinnamon, ground

Method
1. Combine cranberries, oranges, apples, walnuts, dates, canola oil, and cinnamon in a food processor.
2. Pulse mixture until mixture resembles a rough chopped relish (do not over pulse).

Helpful Tip
Substitute 1 can of mandarin oranges (drained) for fresh oranges

Roasted Thyme & Rosemary Brussels Sprouts
Yield: ~4 servings • Serving Size: ~1/2 cup

Ingredients
• 1 lbs. Brussels sprouts, quartered
• 2 Tbsp. canola oil
• 1 Tbsp. thyme, fresh, minced
• 1 Tbsp. rosemary, fresh minced
• ½ tsp onion powder
• ½ tsp kosher salt
• ½ tsp black pepper, ground

Method
1. Preheat convection oven to 375°F (400°F conventional oven).
2. Combine all ingredients in a bowl.
3. Spread vegetables evenly on a sheet pan covered with parchment paper (do not over-crowd pan).
4. Roast in oven 30-35 minutes, until crisp on the outside and tender on the inside.

Helpful Tip
Substitute dried herbs for fresh herbs by using ½ the suggested amount
Cheesy Cauliflower Gratin

Yield: ~8 servings  •  Serving Size: ~1/2 cup

**Ingredients**

**Béchamel**
- 1 each cauliflower, head, cut into equal size florets
- 4 each garlic, cloves, minced
- 1 tsp thyme, dried
- ½ tsp kosher salt
- ½ tsp black pepper, ground
- 2 cups whole milk

**Gratin**
- 1 each cauliflower, head, cut into equal size florets
- ½ cup Parmesan cheese
- ½ cup mozzarella cheese
- ½ cup Panko bread crumbs, unsalted
- 1 Tbsp. dried herbs, thyme, rosemary, or Italian seasoning

**Method**

**Cauliflower Béchamel**
1. Add cauliflower, garlic, thyme, salt and pepper to soup pot, cover cauliflower with milk (~2 cups).
2. Cook over medium heat, stirring frequently until cauliflower is soft (~15 minutes).
3. Remove from heat, let cool.
4. Transfer mixture to a blender, blend until smooth.

**Cauliflower Gratin**
1. Preheat convection oven to 350°F (375°F conventional oven).
2. Place cauliflower florets in an oiled 8 x 8 pan.
3. Cover cauliflower with béchamel sauce.
4. Transfer pan to the oven and back for 15-20 minutes or until brown and bubbly (20-25 minutes conventional oven or until brown and bubbly).
5. While cauliflower is cooking combine cheese, breadcrumbs and herbs in a small bowl.
6. Top cauliflower gratin with breadcrumb mixture and return to the oven and bake for an additional 5-8 minutes or until breadcrumbs are toasted and cheese is melted.

**Helpful Tip**
Use a high-speed blender to create a smooth béchamel sauce.

All recipes in this section are from The University of Texas Health Science Center at Houston (UTHealth) School of Public Health’s Nourish Program. For more recipes, visit nourishprogram.org.
Wellness tips: six steps to a relaxed holiday

BY SHARLENE JOHNSON AND MUDITA UPADHYAYA
Employee Assistance Programs

While the holidays can be joyous occasions for some, for others, thoughts of sadness, loneliness, and stress come to mind. In the hustle and bustle of the holidays, maintaining emotional health is crucial. We are faithful to plan for upcoming holidays, but we fail to make plans for reducing or coping with holiday stressors. As the saying goes, “If you fail to plan, than you plan to fail,” meaning if we do not plan ahead, we are setting ourselves up for failure, especially if past holidays have proven to be stressful. You might be thinking, “I can’t control other people,” and you are correct. However, you can control yourself.

Being responsible for our own thoughts, feelings and behaviors means managing what we say and do in a way that has a positive impact on our interactions with others. Our actions can either contribute to making our relationships better or bitter. How we interact during the holidays lays the foundation for the rest of the holiday and possibly the year. Here are a few tips to consider:

1. Plan ahead; be prepared. Do not wait until the last minute. Make decisions ahead of time about how you will handle potentially challenging situations. Make to-do lists to help you experience a more organized holiday.

2. Remember the holidays may include quality time with family, friends, and possibly making new friends. Gifts are nice, but supportive family and friends are much better. Prepare for triggers. For instance, if Aunt Jane criticizes your cooking, decide how you will respond.

3. If you or someone you know has a history of drinking or substance abuse and you’ve noticed it has led to negative experiences, make adjustments. Making better decisions, especially during the holidays, can lead to outcomes that are more positive. It stands to reason; poor choices can lead to poor outcomes. If needed, contact a professional counselor for assistance with making the best choices for yourself.

4. With holiday stressors, exercise is a great way to manage stress and maintain emotional health. There are various exercise apps, online workout videos, etc., to help you gain the most from exercising before, during, and after the holiday. Be the best you can be on the inside, as well as the outside.

See WELLNESS on PAGE 14
UCSC Holiday Word Search

W R S M D L I S C N F U N M E
J G D S W T C P W Q U G M Z K
F D F U U I U Y N E N D M P H
U Y E F C U N R A B C Q E F A
N W F C V C K T K U X O Y E R
F B Q C O U R X E E R V V A V
E T N C S R X A F R Y X N S E
S G F M M N A C F L R L J T S
T K A A A H O T V T Q N E D T
E D U P L Q C W I N F P P G Z
V K M X D L K Y B O M A A L S
V G T V R P N J N A N L I E C
T P U M P K I N S T L S D R B
W F I L A J X O F K E L O F P
B R O W N B A G F M X K S R Y

Decorations  Craft Fair  Brown Bag  Turkey Legs
Snowballs    Pumpkins    Harvest    Winter
Feast        Fall        Funfest    Fun

Build your own custom worksheet at education.com/worksheet-generator

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LINKEDIN
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of courses interested me and would benefit me. LinkedIn then makes suggestions.”

Setup is simple. If you do not already have one, created a LinkedIn profile. Then, go to go.uth.edu/linkedinlearning and follow the instructions. Begin by clicking the blue “Sign in with Single Sign-On” button and entering your UTHealth username and password. You may also need to sign in to your LinkedIn profile if prompted.

You will have the option to connect your LinkedIn Learning account with your LinkedIn Profile. Doing so will allow UTHealth to see your name, job title, email, and new learning history. Your personal profile will remain private. More details can be found on https://www.linkedin.com/help/learning.

For more information or if you have any trouble, contact the Learning and Development Team by emailing iLearn@uth.tmc.edu.

WELLNESS
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5. Practice mindful eating. Avoid using food as a means to overcome your emotional behaviors. Hydrate well.

6. Holiday season can be financially stressful. Don’t get sucked into buying more than you can afford this holiday season by adding another fixed monthly expense to your budget. To manage holiday-related spending, the UTHealth Office of Employee Assistance Program is now offering a brand-new, award-winning, confidential financial well-being service to its community at no cost. Financial questions can be emailed to answers@yourmoneyline.com, where they will be answered within 48 hours, or employees can speak to someone personally by calling 833-890-4077. Participants can register online at yourmoneyline.com/uthealth. A video of the program information session is available online.

Need additional resources to get going, or do you have a loved one who needs help? Talk to your Employee Assistance Program counselors and develop a plan to experience a fuller life and a healthier and happier holiday experience. UTHealth Employee Assistance Programs offers free and confidential counseling/consultation services. For more information call at 713-500-3327.

Sharlene Johnson serves as Senior Assessment and Referral Specialist. Mudita Upadhyaya serves as Senior Wellness Program Manager.